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Updates From Our Co-Presidents

"Appreciate New Beginnings"

When is the last time you felt a sense of awe? Research shows that feeling awe regularly promotes well being and health, enduring personal change, and fosters social connectedness, humility, and a more balanced view of self. Awe provides us with a sense of wonder, of recognizing that we are a small part of something much bigger than ourselves.

This feeling of being a part of something helps us value leaning in and connecting with others, and the world.

If you couldn't think about the last time you felt a sense of awe, and the thought that came to mind was about not having time to go on a trip, or do something extravagant, I have good news. While yes, new experiences are often sources of awe (as awe is about novelty and vastness), awe is often more about perspective than it is about the specific event happening.

When we allow ourselves to be curious and open-minded, we ask more questions and in turn, we begin to see and look for possibility, beauty, and opportunity.

As we try to increase our experiences of awe, we have many ways to do so as long as we are being present. *Even as our world is feeling "different" and we can't connect with large groups presently, there are ways to still find these moments:* (1)

(1)Written by [Courtney Hintermeyer](#) of GROW Counseling in her post "Finding a Sense of Awe"

Close your eyes

Take a moment

Become AWE-ware

In some ways you half way There!

Being a part of CPWC offers up **AWESOME** ways to **APPRECIATE** so many opportunities in the month of September...Here's a Preview...

Enlightenment in Books through Daytime & Evening Book Club

Uplifting Words of Wisdom through Bible Study

Generosity in our Charity Drives

Outreach through our Sunshine Committee

Enrichment through Savvy Women

Joy of Movement in Yoga and 5K Walk/Run Groups

Beauty in Nature with Hiking Club

Fellowship and Laughter through our Opening Luncheon

Honoring Youth in Our Playgroups

Discovering New Friends at First Friday

Camaraderie in Canasta & Bridge

Broadening our Horizons in Globetrekks

Celebrating at our Couples Dinners

So many ways for you to connect and if you're practicing social distancing...we are too! We are very excited to offer our September Savvy Women as a Zoom Meeting and it promises to be a good one with our returning Jackie Dunagan from GROW Counseling.

Our Opening Luncheon features Heather Tolley-Bauer, an amazing comedienne you will not want to miss...with a contest for the best mask! Social distance with your favorite

girlfriends and participate in Virtual 5K Walk/Runs (or up the distance if you're a 10K gal). Invite your Besties as we learn and grow together. Stay tuned as we put a new spin on our favorites in ways we never thought possible. There's more to come and we encourage you to be our eyes and ears to let us know of even more ways we can reach out and APPRECIATE our community this upcoming year.

We APPRECIATE YOU and Look Forward to Seeing you SOON!

Chris Cashman & Jean Ann McCarthy

CPWC Co-Presidents 2020-2021



Jean Ann McCarthy and Chris Cashman, your co-presidents

[*Click here to Join or Renew Your CPWC Membership Today!*](#)

*We appreciate your membership renewal.
We are working hard to plan our events with the CDC guidelines in mind.*

September 18 -- Opening Luncheon

Join us to laugh along with
Heather Tolley-Bauer at our Opening Luncheon on
September 18!

Heather Tolley-Bauer is a 50 -year-old, drop-dead funny wife, stay-at-home mom, and colon-cancer survivor. She's the producer, booker and host of a monthly, largely sold-out show featuring an all-female line-up called Laugh-Lines & Stretch-Marks(☐) and appeared in Season 4 of the Weather Channel's top-rated, original program, Weather Gone Viral, has opened for nationally touring comic, Brian Moote & was recently selected to perform at the prestigious LaughFest in Grand Rapids, Michigan.



Friday, September 18, 10:30 a.m. - 1 p.m.
at Atlanta Country Club. The Luncheon fee is \$40. Your choice of a salmon or chicken entree.



Atlanta Country Club is following all CDC guidelines and regulations. ACC staff will wear masks and we ask that you do as well while we are mingling.

There is a prize for the cutest mask!

For those not attending in person, we are planning to use Facebook Live to live stream the event. Please watch for further instructions.

***** Click here to RSVP DEADLINE is SEPTEMBER 11!*****

Hiking Interest Group Update

Hi Hikers!

Congratulations! The Chattahoochee River (9 Hike) Challenge RSVP's are in and we have 15 attending and 3 maybes. This turn out is WONDERFUL. Yippee!! But a tiny bit overwhelming. We CAN do this safely friends!

When: Tuesday, September 8, 2020

Meet at trailhead at 9:30am (estimated 30 min drive from

ACC)

Where: Jones Bridge Park Trail

8615 Barnwell Road, Johns Creek 30022

What: 4.6 mile moderate hike

Hiking boots, water and snack recommended

Please wear or have a mask handy for any crowding along the trail. Hikers will be set up at least 6' apart and we will head out at a moderate, constant pace. Not too fast Julie. Our goal is to get some good exercise, enjoy the views but not cluster along the way. We can visit as a group in the parking lot after the hike. ♥

Food Donations for Must Ministries will be collected by Trish after the hike. Not required of course. Most needed items are canned meat, canned fruit, chunky soups, bags of rice (less than 5lbs)

We look forward to seeing you on the trail! If your plans change please let us know.

Thanks everyone! Happy Hiking!!

Jean Dole (404) 433-5551 Trish Wenger (414) 840-4441

Newcomers Party - October 23 (Postponed)

Historically, we have a Newcomer's Welcoming party in August for our new neighbors each year. We welcome them, tell them about CPWC, encourage them to join and sign up for the various Interest Groups. At the moment, this event has been postponed.

Please do continue to provide us with any names and addresses of new neighbors. We will create smaller coffee chats to welcome them and invite them to join. Additional details to follow soon.

We need your help! We want to support local business, so if you know of any that would like to provide small gifts, coupons,



or promotional trinkets, we would love to include new bag goodies. We usually distribute about 50 bags each year. Thank you for your help.

Cindy Formica, cindyformica@comcast.net
Regina Wood, reginawood@westminster.net

Community News

Please consider participating in the CPCA as an annual dues payer, a volunteer, a meeting attendee, and an interested neighbor. [Click here](#) to pay your dues online and also donate to McFarlane Park.

Checks made out to the CPCA Beautification Fund can be sent to [Trish Chapman](#) at 4371 Classic Links Court.

Thank you for your consideration and generosity.

Upcoming Interest Groups and Events

The CPWC hosts a wide range of Interest Group meetings each month. You can find the upcoming events on the website under the Calendar & Events menu item or click [Calendar & Upcoming Events](#)



Below is also list of each group's upcoming activity. Please join us!

Interest Group	Date(s)	Details
5K Walk/Run	Sep 20	The Wascally Wabbit Half Mawothon and 5K - Virtual Entry http://thewascally.com Benefitting Kids Kasa Foster Care, a local foster care agency that treats at-risk youth headed to college (click here for additional races or contact Susan or Chris)
Bible Study	Ongoing	We meet Thursdays at the Atlanta Country Club from 10 am to 11:30 am. Please RSVP. We'll be studying Scriptures from the Epistles which will include important truths to help us live victorious in this life. We would love to have you join us. Please contact Lettie Nixon , 770 -953-2066
Daytime Book Club	Ongoing Sep 14	For September, the daytime book club will read The Red Notice by Bill Brower. The meeting will be held at 10:00 am on Ellie Lacey's porch. Please contact Susan Fulkerson for additional information. The daytime book club meets on the second Monday of each month at 10:00 am at rotating homes. Meetings are currently being held outside for social distancing.
Evening	Sep 16	For those of you interested in September's book club selection, Educated , the author is going to do a live interview via Facebook

RSVP to stone_wenger@yahoo.com

Thanks everyone and Happy Hiking!! Jean Dole (404) 433-5551

Savvy
Evening
Group

Sept 15

This group meets on the third Tuesday of the month from 6:30-8:30 pm at Pat Iaffaldano or Chris Cashman's home...with a few exceptions. We love to learn about a variety of topics. Our goal is to refresh your knowledge or introduce you to matters you may encounter in your week, month or year and give you tools to make a difference.

When meeting in person, there will be featured wine & cheese from a selected country around the world. [Click here](#) for a complete list of proposed programs for this year.

Join us for our first meeting --
Tuesday, September 15

We encourage you to gather as small groups at 6:30 pm in your host homes and/or dial in individually for our

7:00 - 8:00 Zoom call

Please RSVP by September 10 to [Chris Cashman](#)
The Zoom call attendance is limited to 20 attendees (Zoom links). Once you have rsvp'd, we will send you a link closer to the meeting date.

"Making Sense of What We're Going Through...Current Stressors in 2020"

with Jackie Dunagan of GROW Counseling

Times feel uncertain. During uncertainty, our actions need to be intentional. Thriving in this season is possible by implementing a few daily, simple self-care strategies. Jackie Dunagan and her team at GROW Counseling have developed some resources designed to help you thrive during this difficult time. These tools will help you stay grounded and intentional every day.

GROW Counseling exists to help individuals and organizations become more resilient, learn to develop better coping skills, and begin to find meaning and joy through a variety of counseling services

When Rsvp'ing please e-mail any topics and/or questions you may want presented to Jackie. We'll be moderating the call and sending her questions in advance so that she will be prepared to address your questions.

Opening Luncheon	Sept 18	<p>Kicking off a year of Appreciation ...We invite you to join our Opening Luncheon featuring comedian and mom Heather Tolley-Bauer on Friday, September 18, 10:30 a.m. - 1 p.m. at Atlanta Country Club. The Luncheon fee is \$40.</p> <p>Our chosen charity this year is Great Prospects, a wonderful non-profit providing care for individuals with disabilities www.greatprospectsinc.org/.</p> <p>Please bring a donation of one of the following to the luncheon: standard deck of playing cards, 100-piece puzzles, or stencils.</p> <p>We ask that you RSVP here by September 11. This is a firm date. If you need to cancel your reservation, you must call 404-434-4869 for a refund by Sept. 18.</p>
Canasta	Ongoing	<p>Canasta is a fun game that stimulates your brain but also allows you to converse and get to know your neighbors and have fun during the game. Partner play allows for more options but individuals can play too.</p> <p>We meet monthly on the second Thursday from September to August at 12-3 pm. There is no need to commit to playing every month! Contact Karen Frantz at 770-715-7139</p>
Bridge	Ongoing	<p>For those who are interested in BRIDGE LESSONS, there are two bridge clubs nearby where bridge lessons are offered.</p> <p>Ruff n Sluff Bridge Club 770 973-7717 Not far, this side of the Big Chicken 1809 Roswell Road Marietta GA 30062</p> <p>Bridge Club of Atlanta 770 354-6033 Fountain Oaks Shopping Center, far left corner upstairs 4920 Roswell Road Sandy Springs GA 30342</p> <p>Bridge is a fun game that can be played on many levels. Since it requires a multiple of four players, get several friends together and explore the potential at either of these clubs which are about six miles from where we live. If you have any questions, please contact Melissa Nicol 770-541-6168 or mahanmelissa@aol.com</p>
Family Activities	<p>Oct 31</p> <p>Dec 6</p> <p>Mar 28</p> <p>May 26</p>	<p>Look forward to celebrating with you and your family! Please contact Kristen Bernheim with any questions.</p> <p>Halloween - October 31 (5-6pm)</p> <p>Yule Log - December 6 (3-430pm)</p> <p>Easter Egg Hunt - March 28 (3-430pm)</p> <p>Last Day of School - Kona Ice Truck - May 26 (Time TBD)</p> <p>Details to follow</p>

Bridge Club Aces and Spaces!

Four of our CPWC Bridge players gathered on August 26. This was our first day back since February. With a glass of champagne, we celebrated our return and the 100th anniversary of certification of the 19th amendment to the Constitution, which guaranteed women the right to vote.



In Sympathy

We send our sympathy to Missy Malmberg on the death of her mother.

Interest Group Contacts

Email [Judy Boyce](mailto:judy.boyce@cpwc.com) to learn more or sign up!

Bible Study

[Lettie Nixon](#)

Book Club - Daytime

[Susan Fulkerson](#)

Book Club - Evening

[Trish Chapman](#)

Bridge Club

[Melissa Nicol](#)

Canasta

[Karen Frantz](#)

Couples Chef's Dinner Group

[Jane Harm](#)

[Pat Iaffaldano](#)

Community Liaison

[Trish Chapman](#)

CPWC Run/Walk 5K

[Chris Cashman](#)

[Susan Fulkerson](#)

Family Activities

[Kristen Bernheim](#)

If you have an idea for a new Interest Group please contact Chris, Jean Ann, or a member of the Programs Committee.

Hiking Club

[Jean Dole](#)

[Trish Wenger](#)

Garden Club

[Janet Thomas](#)

Globe Trekkers

[Shea Amin](#)

Newcomers

[Cindy Formica](#)

[Aurelie Barrial](#)

[Regina Wood](#)

Play Group

[Malinda Hlavenka](#)

[Jillian Miller](#)

Savvy Women

[Pat Iaffaldano](#)

[Beth Armstrong](#)

[Jean Dole](#)

[Chris Cashman](#)

Single Ladies

[Ellie Lacey](#)

First Friday
[Karyn Porter](#)

Sunshine Committee
[Kristine Ward](#)
[Lindsey Mabey](#)

Yoga
[Belinda Vogel](#)

<http://www.chattahoocheeplantationwomensclub.org/>

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